



### Intent

At Picknalls First School our whole curriculum is driven by a commitment to fostering creativity, critical thinking, and a love for lifelong learning. We aim to provide a well-rounded education that nurtures each child's unique talents and prepares them for future challenges. We will teach children at Picknalls to have or be:

**Skillful** - At Picknalls First School we want all children to be skilful, turning new and imaginative ideas into reality through self-expression and a curiosity for learning. Children are encouraged to think creatively in all that they do and explore new ways of solving problems and answering questions.

**Teamwork** - At Picknalls First School we want all children to value and respect all members of the community. Children at Picknalls will be taught the skills for life to empower them to be good citizens and to contribute to the community.

**Aspiration** - At Picknalls First School we want all children to aspire towards greatness. To be productive, aim high and succeed. Expanding their knowledge of the world by nurturing their interests as well as encouraging fearlessness of things that are new or unknown by creating exciting, inspiring opportunities.

**Resilient** - At Picknalls First School we want all children to have the mental and physical resilience to be successful and happy and be confident in tackling all obstacles that come their way.

**Through these curriculum drivers we will encourage ALL children at Picknalls to become the stars of the future and shine bright in our community!**

*Pupils have great opportunities to do physical education (PE), sport and learn to swim. They are offered many challenges in PE lessons. Pupils are energised by the superb range of sporting enrichment like golf, boccia, hockey, archery and more. OFSTED, January 2020.*







### Intent

#### **What is on offer in our PE Curriculum, when and by whom?**

At Picknalls we aim to give our children a wide variety of experiences in PE. Through different activities we promote these values, attitudes and life skills and aim to develop all rounded individuals. To combat growing obesity levels and support mental health and well-being, this National Curriculum subject is given very high priority at Picknalls First School.

We are dedicated to meeting the government's requirement of 1 hour of exercise a day (30 minutes in school) and 2 x 1 hour PE sessions a week.

Children will show clear progression of skills, develop and embed their learning from experienced and knowledgeable teaching staff who will ensure consistent, high-quality teaching.

-  In EYFS and KS1 they will develop fundamental movement skills, becoming increasingly competent and confident. As they move into KS2 they will continue to apply and develop a broader range of skills
-  Access a broad range of opportunities to extend their agility, balance and coordination and then learn how to use them in different ways and to link them to make actions and sequences of movements
-  They will be encouraged to work individually and with others and to engage in cooperative physical activities
-  They will have opportunities to engage in competitive physical activities (both against self and against each other)
-  In EYFS and KS1 they will experience a range of challenging situations. As they move into KS2 they will develop an understanding of how to improve in different physical activities and sports
-  We will provide opportunities for pupils to become physically confident in a way which supports their health and fitness and well being

This year we are offering intervention/team teaching sessions on a Wednesday afternoon. These will focus on different aspects and will give additional opportunities for a wide variety of children throughout the school. Pupil premium

children, SEN children, gifted and talented children and many more will have access to these sessions. Teachers will have an opportunity to teach alongside a PE specialist, sharing of ideas and skills will be the focus.





Teaching will follow the guidance outlined in the PE Policy on our website.

*Pupils achieve very well in PE and sport. The staff ensure that pupils develop healthy bodies and minds. The school's trophy cabinet is bursting with sporting awards. There is a fantastic range of enrichment clubs that include fitness; 'mini-minds', to support pupils' well-being; activity club for early years; playground games and more.*

*OFSTED, January 2020*

### **Implementation**

Picknalls First School aims to adhere to the National Curriculum for physical education which ensures that all pupils:

-  Develop competence to excel in a broad range of physical activities.
-  Are physically active for sustained periods of time.
-  Engage in competitive sports and activities.
-  Lead healthy, active lives.

Staff will continue to teach a varied curriculum to their children using a range of activities they have had access to from the previous year's cpd.

Planning comes from a variety of sources. A new Peplanning.org programme has been purchased last year for staff and is continued to be used.







The children are being taught about the fundamental importance of health and wellbeing. Opportunities are given in the day for additional exercise to be carried out e.g. daily mile, Jump Start Johnny and lunchtime activities. Playground baskets and boxes are also available for everyone.

The PE Lead takes a very active role within the school. Constant communication with staff and children takes place to ensure that we are delivering the best that we can.

We aim to make our children next stage ready and embed the understanding of a healthy body which will lead to a healthy life.

### **Impact**

Our PE provision has a significant positive impact on our pupils, both academically and holistically. Through our intent and implementation strategies, we have observed the following outcomes:

-  Improved Physical Competence: Pupils demonstrate levels of physical fitness, agility, coordination, and overall health due to regular engagement in a variety of physical activities.
-  Enhanced Well-being- Participating in PE has a positive impact on pupils' mental health and well-being, promoting self-esteem, resilience, and a sense of achievement.
-  Increased Engagement and Attainment: Pupils are more engaged in their learning, leading to improved behaviour and attainment across the curriculum.
-  Development of Key Life Skills: Through PE, pupils develop key life skills such as teamwork, communication, leadership and perseverance which are transferable to other areas of their educations and future careers.
-  Promoting of Healthy Lifestyles: Our PE Curriculum aims to instil a long-lasting enthusiasm for physical activity, encouraging pupils to lead healthy and active lifestyles beyond their time at school.
-  Improved Physical Competence: Pupils demonstrate improved levels of physical fitness, agility, coordination and overall health due to regular engagement in a variety of physical activities.

- 🔗 As a PE Leader I work hard to provide expert and excellent subject knowledge. I have regular communication with staff and pupils, and I am always striving to make this learning journey better. I thrive from the positive experiences that our children have and work hard to embed them and make them into lifelong choices.
- 🔗 Physical competence, knowledge, understanding of all elements and engagement is weaved into every one of the lessons that the children receive.

### **Cultural Capital in PE**

In our Physical Education curriculum, we aim to foster a deep-rooted appreciation for sports and physical activities while equipping our students with the skills and knowledge necessary to lead healthy and active lifestyles. Through a diverse range of sports and activities, we strive to develop physical competence, confidence, and a lifelong love for being physically active.

Moreover, our curriculum places a strong emphasis on promoting cultural capital by providing students with opportunities to explore a variety of sports and physical activities from different cultures and backgrounds. By exposing students to traditional and contemporary sports from around the world, we aim to broaden their horizons, deepen their understanding of diverse cultural practices, and foster respect for different ways of engaging in physical activities.

Through our PE curriculum, we aim to not only develop our students' physical abilities but also nurture their cultural awareness and appreciation, preparing them to thrive in an increasingly interconnected and diverse world

### **PE Action Plan 2024 2025**

- 🔗 PE intervention/team teaching on Wednesday afternoons. Continue to upskill staff who have moved year groups.
- 🔗 Lunchtime and after school clubs to help support 60 minutes of activity a day.
- 🔗 Use of playleaders on KS1 and Early Years playground.
- 🔗 Spending of the Final Sports Premium in a sustainable way.

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PE Leader

